

Make Calcium Count For You

Name: _____

1. How many servings from the Milk Group do you need every day? _____



2. Put a check by the steps you can take to add calcium-rich foods into your eating plan.

____ Pour fat-free or 1% milk on your cereal



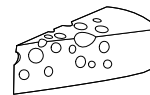
____ Have a cup of fat-free or low-fat yogurt for breakfast



____ Drink a glass of calcium-fortified orange juice at snack time

____ Add fat-free or 1% milk instead of water to oatmeal or hot cereal

____ Add cheese to a sandwich or salad for lunch



____ Drink a carton of milk at school for lunch

____ Have a piece of string cheese for a snack



____ Try pudding made with fat-free or 1% milk for a snack



____ Have a piece of cheese pizza or macaroni and cheese for dinner

____ Make a fruit smoothie with yogurt for breakfast

____ Use milk instead of water to make tomato soup

3. Write your prediction for the bones experiment:

A serving provides 300 mg of calcium
Kids 9-18 years old need 1300 mg of calcium/day
*1 cup milk
*1 cup yogurt
*1 1/2 oz. cheese
*1 cup calcium fortified orange juice

4. Why do you believe this will happen?

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 4th—Make Calcium Count for You.

Eat Smart Be Smart

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